

BLUE RIBBON BISTRO MENU



Menu item & prices subject to change based on item availability. **BREAKFAST** ■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
Eggs & Meat	■ Assorted Eggs ■ Bacon ■ Pork Sausage	■ Grilled Chicken Breast ■ Assorted Eggs ■ Chicken Sausage ■ Steak & Eggs ■ Sausage Gravy ■ Bacon	■ Turkey TX Hash ■ Turkey Sausage Gravy ■ Assorted Eggs ■ Turkey Bacon ■ Bacon ■ Pork Sausage Links	■ Grilled Chicken Breast ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Smoked Sausage	■ Turkey Sausage Gravy ■ Assorted Eggs ■ Turkey Sausage Patty ■ Corned Beef Hash ■ Bacon	■ Grilled Chicken Breast ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Country Pork Sausage	■ Assorted Eggs ■ Bacon ■ Pork Sausage
Starches & Sides	■ Fresh Fruit ■ Hash Brown ■ Biscuit ■ Pancake	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ Ham, Egg & Cheese Croissant	■ Fresh Fruit ■ Assorted Veg. ■ Breakfast Taco ■ Home Fried Potatoes ■ Cinnamon Twist	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ Hash Brown Breakfast Sandwich	■ Fresh Fruit ■ Assorted Veg. ■ Hash Brown ■ Biscuit ■ Cinnamon Roll	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Sausage, Egg, & Cheese Biscuit ■ Apple Turnover	■ Fresh Fruit ■ Hash Brown ■ Biscuit ■ French Toast

PERFORMANCE BAR

OPEN MON-FRI FOR BREAKFAST & LUNCH • CLOSED ON HOLIDAYS & WEEKENDS

Breakfast		Breakfast Parfait Bar includes yogurts & assorted toppings	
Lunch		Salad Bar: assorted leafy greens, vegetables, toppings, & dressings	

SHORT ORDER GRILL

Breakfast		Made to Order Eggs & Omelets Egg substitute available upon request	
Lunch & Dinner	■ Veggie Burger ■ Turkey Burger ■ Salmon Burger	■ Grilled Chicken Sandwich ■ Hamburger ■ Cheeseburger	■ Grilled Cheese ■ Grilled Ham & Cheese ■ Hot Dog
			■ French Fries ■ Sweet Potato Fries (Fries available at lunch Mon.-Friday)

GRAB N GO

Assorted Sandwiches & Wraps Specialty Salads	Assorted Small Bites & Yogurts Fresh Fruit Cups	Hummus & Guacamole Cups Chips & Pretzels	Fresh Baked Cookies Assorted Beverages
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BLUE RIBBON BISTRO MENU



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WEEK 1

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	04 JAN	05 JAN	06 JAN	07 JAN	08 JAN	09 JAN	10 JAN

LUNCH

Entrée	<p>■ Citrus Herb Chicken (295 kcals, 41 g Pro, 11 g Fat, 6 g CHO)</p> <p>■ Oven Fried Pork Chop (342 kcals, 25 g Pro, 17 g Fat, 21 g CHO)</p>	<p>■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ Cheese Ravioli (346 kcals, 14 g Pro, 15 g Fat, 39 g CHO)</p> <p>■ Beef Lasagna (499 kcals, 34 g Pro, 23 g Fat, 42 g CHO)</p>	<p>■ Stuffed Bell Peppers (268 kcals, 16 g Pro, 8 g Fat, 35 g CHO)</p> <p>■ Beef Chili Mac (357 kcals, 23 g Pro, 11 g Fat, 42 g CHO)</p> <p>■ Mexican Chicken Qtr. (361 kcals, 26 g Pro, 28 g Fat, 2 g CHO)</p>	<p>■ Lemon Pepper Tilapia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO)</p> <p>■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ Smoked Sausage & Red Beans (690 kcals, 29 g Pro, 48 g Fat, 40 g CHO)</p>	<p>■ Kung Pao Chicken (295 kcals, 42 g Pro, 8 g Fat, 12 g CHO)</p> <p>■ Beef Yakisoba (405 kcals, 31 g Pro, 13 g Fat, 37 g CHO)</p> <p>■ Sriracha Salmon (397 kcals, 45 g Pro, 17 g Fat, 15 g CHO)</p>	<p>■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ Shepherd's Pie (493 kcals, 32 g Pro, 20 g Fat, 44 g CHO)</p> <p>■ Cajun Crusted Catfish (336 kcals, 37 g Pro, 1 g Fat, 39 g CHO)</p>	<p>■ Chicken Alfredo (373 kcals, 23 g Pro, 14 g Fat, 39 g CHO)</p> <p>■ Rosemary & Garlic Roasted Pork Loin (218 kcals, 26 g Pro, 11 g Fat, 1 g CHO)</p>
Starches, Sides & Soup	<p>■ Roasted Baby Carrots</p> <p>■ Sautéed Spinach</p> <p>■ Oven Roasted Potato</p> <p>■ Mac & Cheese</p>	<p>■ Roasted Broccoli</p> <p>■ Mediterranean Veg.</p> <p>■ Parsley Potatoes</p> <p>■ Herbed Brown Rice</p> <p>■ Lasagna Soup</p>	<p>■ Garlic Green Beans</p> <p>■ Mexican Corn</p> <p>■ Paprika Potatoes</p> <p>■ Jalapeno Brown Rice</p> <p>■ Chicken Tortilla Soup</p>	<p>■ Roasted Baby Carrots</p> <p>■ Malibu Veg. Blend</p> <p>■ Rice Pilaf w/ Orzo</p> <p>■ Louisiana Cornbread</p> <p>■ Chicken Noodle Soup</p>	<p>■ Squash/Zucchini</p> <p>■ Ginger Glazed Carrots</p> <p>■ Egg Rolls</p> <p>■ Mulligatawny Soup</p>	<p>■ Sautéed Cabbage</p> <p>■ Baby Carrots w/ Thyme</p> <p>■ Corn on the Cob</p> <p>■ Garlic Mashed Potatoes</p> <p>■ Vegetable Beef Soup</p>	<p>■ Peas & Carrots</p> <p>■ Tuscany Veg. Blend</p> <p>■ Parsley Potatoes</p> <p>■ Hawaiian Roll</p>

DINNER

Entrée	<p>■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO)</p> <p>■ Savory Baked Chicken (537 kcals, 28 g Pro, 46 g Fat, 1 g CHO)</p>	<p>■ Beef Enchiladas (405 kcals, 23 g Pro, 17 g Fat, 39 g CHO)</p> <p>■ Chicken Tacos (435 kcals, 32 g Pro, 18 g Fat, 34 g CHO)</p>	<p>■ Spaghetti w/ Meat Sauce (465 kcals, 28 g Pro, 12 g Fat, 60 g CHO)</p> <p>■ Chicken Piccata (323 kcals, 36 g Pro, 14 g Fat, 15 g CHO)</p>	<p>■ Chicken Giardino (359 kcals, 23 g Pro, 11 g Fat, 45 g CHO)</p> <p>■ Italian Pork Chop (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO)</p>	<p>■ Lemon Pepper Tilapia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO)</p> <p>■ Oven Fried Chicken (580 kcals, 28 g Pro, 44 g Fat, 18 g CHO)</p>	<p>■ Beef & Broccoli (244 kcals, 23 g Pro, 9 g Fat, 19 g CHO)</p> <p>■ Chinese 5 Spice Chicken (358 kcals, 27 g Pro, 27 g Fat, 1 g CHO)</p>	<p>■ Beef Yakisoba (405 kcals, 31 g Pro, 13 g Fat, 37 g CHO)</p> <p>■ Asian BBQ Chicken (296 kcals, 34 g Pro, 10 g Fat, 18 g CHO)</p>
Starches & Sides	<p>■ Peas & Carrots</p> <p>■ Fresh Green Beans</p> <p>■ Sweet Potato Wedges</p> <p>■ Mashed Potatoes</p>	<p>■ Normandy Veg. Blend</p> <p>■ Corn on the Cob</p> <p>■ Refried Beans</p> <p>■ Mexican Brown Rice</p>	<p>■ Mixed Vegetables</p> <p>■ Garlic Roasted Broccoli</p> <p>■ Bowtie Pasta</p> <p>■ Garlic Mashed Potatoes</p>	<p>■ Steamed Cauliflower</p> <p>■ Herbed Green Beans</p> <p>■ Potato Wedges</p> <p>■ Hawaiian Roll</p>	<p>■ New Brunswick Veg. Blend</p> <p>■ Collard Greens</p> <p>■ Wild Rice</p> <p>■ Rosemary Roasted Potatoes</p>	<p>■ Mandarin Veg. Stir Fry</p> <p>■ Brown Rice</p> <p>■ Sweet Potato Wedges</p> <p>■ Ginger Glazed Carrots</p>	<p>■ Squash/Zucchini</p> <p>■ Sautéed Cabbage</p> <p>■ Brown Rice</p>

BLUE RIBBON BISTRO MENU



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WEEK 2

■ = Eat Often

■ = Eat Occasionally

■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	11 JAN	12 JAN	13 JAN	14 JAN	15 JAN	16 JAN	17 JAN

LUNCH

Entrée	<p>■ Coconut Crusted Tilapia (273 kcals, 27 g Pro, 11 g Fat, 17 g CHO)</p> <p>■ Braised Beef Cubes (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO)</p>	<p>■ Chicken Giardino (359 kcals, 23 g Pro, 11 g Fat, 45 g CHO)</p> <p>■ Grilled Shrimp (197 kcals, 12 g Pro, 11 g Fat, 2 g CHO)</p> <p>■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p>	<p>■ Southwestern Salmon (264 kcals, 42 g Pro, 8 g Fat, 2 g CHO)</p> <p>■ Spicy Garlic Lime Chicken (430 kcals, 26 g Pro, 33 g Fat, 9 g CHO)</p> <p>■ Beef Fajitas (403 kcals, 29 g Pro, 14 g Fat, 39 g CHO)</p>	<p>■ Baked Salmon (256 kcals, 42 g Pro, 9 g Fat, 0 g CHO)</p> <p>■ Chicken Vega (629 kcals, 34 g Pro, 34 g Fat, 49 g CHO)</p> <p>■ Beef Brisket w/Chimichurri Sauce (632 kcals, 42 g Pro, 50 g Fat, 7 g CHO)</p>	<p>■ Chicken Teriyaki (345 kcals, 46 g Pro, 9 g Fat, 21 g CHO)</p> <p>■ Ginger Butter Flounder (242 kcals, 19 g Pro, 18 g Fat, 1 g CHO)</p> <p>■ Szechuan Beef Stir Fry (283 kcals, 16 g Pro, 19 g Fat, 13 g CHO)</p>	<p>■ Rosemary Garlic Pork Loin (218 kcals, 26 g Pro, 11 g Fat, 1 g CHO)</p> <p>■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ Hamburger Steak (533 kcals, 28 g Pro, 46 g Fat, 4 g CHO)</p>	<p>■ Chicken Pot Pie (317 kcals, 22 g Pro, 10 g Fat, 35 g CHO)</p> <p>■ Salisbury Steak (254 kcals, 18 g Pro, 16 g Fat, 11 g CHO)</p>
Starches, Sides & Soup	<p>■ Mixed Vegetables</p> <p>■ Steamed Broccoli</p> <p>■ Steamed Rice</p> <p>■ Egg Noodles</p>	<p>■ Herbed Green Beans</p> <p>■ Malibu Vegetable Blend</p> <p>■ Linguine</p> <p>■ Garlic Mashed Potatoes</p> <p>■ Minestrone Soup</p>	<p>■ Steamed Broccoli</p> <p>■ Cabbage w/ Peppers</p> <p>■ Borracho Beans</p> <p>■ Jalapeno Cornbread</p> <p>■ Chicken Tortilla Soup</p>	<p>■ Sauteed Cabbage</p> <p>■ Roasted Squash</p> <p>■ Wild Rice</p> <p>■ Parsley Potatoes</p> <p>■ Chicken Noodle Soup</p>	<p>■ Mandarin Veg. Stir Fry</p> <p>■ Kung Pao Brussel Sprouts</p> <p>■ Sweet Potato Wedges</p> <p>■ Steamed Rice</p> <p>■ Mulligatawny Soup</p>	<p>■ Broccoli</p> <p>■ Roasted Carrots</p> <p>■ Parsley Potatoes</p> <p>■ Steamed Rice</p> <p>■ Vegetable Beef Soup</p>	<p>■ Collard Greens</p> <p>■ Peas & Pearl Onion</p> <p>■ Mashed Potatoes</p> <p>■ Parkerhouse Roll</p>

DINNER

Entrée	<p>■ Spinach Lasagna (290 kcals, 20 g Pro, 9 g Fat, 36 g CHO)</p> <p>■ Chicken Primavera (246 kcals, 25 g Pro, 6 g Fat, 24 g CHO)</p>	<p>■ Citrus Herb Chicken (290 kcals, 40 g Pro, 11 g Fat, 6 g CHO)</p> <p>■ Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO)</p>	<p>■ Asian BBQ Chicken (296kcals, 34 g Pro, 10 g Fat, 18 g CHO)</p> <p>■ Beef Pepper Steak (250 kcals, 34 g Pro, 10 g Fat, 6 g CHO)</p>	<p>■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO)</p> <p>■ Italian Pork Chop (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO)</p>	<p>■ Braised Pork Chop (257 kcals, 21 g Pro, 14 g Fat, 19 g CHO)</p> <p>■ Mongolian Chicken (266 kcals, 29 g Pro, 11 g Fat, 11 g CHO)</p>	<p>■ Lemon Pepper Tilapia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO)</p> <p>■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</p>	<p>■ Braised Beef (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO)</p> <p>■ Coconut Crusted Tilapia (273 kcals, 27 g Pro, 11 g Fat, 17 g CHO)</p>
Starches & Sides	<p>■ Roasted Carrots</p> <p>■ Sautéed Brussel Sprouts</p> <p>■ Rice Pilaf</p> <p>■ Bowtie Pasta</p>	<p>■ New Brunswick Veg. Blend</p> <p>■ Zucchini & Squash</p> <p>■ Steamed Rice</p> <p>■ Mashed Potatoes</p>	<p>■ Mandarin Veg. Stir Fry</p> <p>■ Roasted Cauliflower</p> <p>■ Steamed Rice</p> <p>■ Egg Noodles</p>	<p>■ Normandy Veg. Blend</p> <p>■ Lyonnaise Green Beans</p> <p>■ Brown Rice</p> <p>■ Mashed Potatoes</p>	<p>■ Sesame Green Beans</p> <p>■ Mandarin Veg. Stir Fry</p> <p>■ Brown Rice</p>	<p>■ Roasted Squash</p> <p>■ Herbed Green Beans</p> <p>■ Brown Rice</p> <p>■ Roasted Potatoes</p>	<p>■ Bermuda Veg. Blend</p> <p>■ Sw. Potato Wedges</p> <p>■ Glazed Carrots</p> <p>■ Steamed Rice</p>

BLUE RIBBON BISTRO MENU



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WEEK 3

■ = Eat Often
 ■ = Eat Occasionally
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	SUN	MON	TUES	WED	THURS	FRI	SAT
	18 JAN	19 JAN	20 JAN	21 JAN	22 JAN	23 JAN	24 JAN

LUNCH

Entrée	■ Chicken Cacciatore (290 kcals, 41 g Pro, 10 g Fat, 7 g CHO) ■ Cheese Ravioli (346 kcals, 14 g Pro, 15 g Fat, 39 g CHO)	■ Shrimp Fra Diavolo (254 kcals, 11 g Pro, 12 g Fat, 6 g CHO) ■ Baked Spaghetti (457 kcals, 26 g Pro, 12 g Fat, 60 g CHO) ■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)	■ Chipotle Lime Tilapia (333 kcals, 21 g Pro, 13 g Fat, 32 g CHO) ■ Cajun Pork Loin (196 kcals, 24 g Pro, 10 g Fat, 0 g CHO) ■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)	■ Baked Salmon w/ Summer Salsa (287 kcals, 43 g Pro, 11 g Fat, 2 g CHO) ■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) ■ Smoked Sausage w/ Peppers & Onions (523 kcals, 18 g Pro, 45 g Fat, 14 g CHO)	■ Lemon Pepper Tilapia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO) ■ 5 Spice Pork Loin (157 kcals, 20 g Pro, 7 g Fat, 3 g CHO) ■ Caribbean Beef Curry (364 kcals, 42 g Pro, 15 g Fat, 17 g CHO)	■ Seasoned Chicken (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) ■ Garlic Lemon Cod (201 kcals, 21 g Pro, 7 g Fat, 13 g CHO) ■ Sam's Rub Spareribs (621 kcals, 42 g Pro, 37 g Fat, 30 g CHO)	■ Chicken Parmesan (288 kcals, 23 g Pro, 9 g Fat, 31 g CHO) ■ Spaghetti w/Meatballs (578 kcals, 24 g Pro, 22 g Fat, 72 g CHO)
	■ Squash/Zucchini ■ Steamed Broccoli ■ Bowtie Pasta ■ Steamed Rice	■ Sautéed Brussel Sprouts ■ Italian Vegetable Blend ■ Rice Pilaf w/ Orzo ■ Toscana Soup	■ Collard Greens ■ Baby Carrots ■ Cilantro Lime Rice ■ Chicken Tortilla Soup	■ Sautéed Cabbage ■ Fresh Asparagus ■ Parsley Potatoes ■ Wild Rice ■ Chicken Noodle Soup	■ Savory Root Veg. Blend ■ Roasted Green Beans ■ Caribbean Cabbage ■ Mulligatawny Soup	■ Roasted Baby Carrots ■ Red Potato Wedges ■ Sautéed Zucchini w/ Onions ■ Rice Pilaf w/Orzo ■ Vegetable Beef Soup	■ Italian Veg. Blend ■ Sautéed Broccoli ■ Linguine ■ Garlic Bread

DINNER

Entrée	■ Chicken Parmesan (288 kcals, 23 g Pro, 9 g Fat, 31 g CHO) ■ Beef Lasagna (499 kcals, 34 g Pro, 23 g Fat, 42 g CHO)	■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO) ■ Baked Penne (388 kcals, 28 g Pro, 18 g Fat, 30 g CHO)	■ Szechuan Chicken (407 kcals, 27 g Pro, 28 g Fat, 14 g CHO) ■ 5 Spice Pork Loin (157 kcals, 20 g Pro, 7 g Fat, 3 g CHO)	■ Meatloaf w/ Brown Gravy (334 kcals, 30 g Pro, 15 g Fat, 19 g CHO) ■ BBQ Chicken (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO)	■ Chicken Cutlet (274 kcals, 34 g Pro, 11 g Fat, 8 g CHO) ■ Lemon Pepper Tilapia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO)	■ Mongolian Chicken (201 kcals, 19 g Pro, 6 g Fat, 20 g CHO) ■ Braised Pork Chop (257 kcals, 21 g Pro, 14 g Fat, 19 g CHO)	■ Baked Chicken (352 kcals, 26 g Pro, 27 g Fat, <1 g CHO) ■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)
	■ Italian Veg. Blend ■ Roasted Squash ■ Linguine ■ Hawaiian Roll	■ Peas & Carrots ■ Sautéed Spinach ■ Garlic Mashed Potatoes ■ Garlic Bread	■ Sautéed Green Beans ■ Peas and Carrots ■ Paprika Potatoes ■ Steamed Rice	■ Collard Greens ■ Glazed Baby Carrots ■ Steamed Rice ■ Mashed Potatoes	■ Sautéed Cabbage ■ Seasoned Green Beans ■ Parsley Potatoes ■ Steamed Rice	■ Normandy Veg. Blend ■ Garlic Roasted Broccoli ■ Brown Rice ■ Mashed Potatoes	■ Sautéed Zucchini ■ Peas and Carrots ■ Brown Rice ■ Egg Noodles